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# Fit to Fly with mental health conditions – international aviation medical perspective

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- Managing mental health conditions is essential for aviation safety
- ICAO SARPs provides the regulatory requirements
- Regulations should not be overly prescriptive
- Implementation of regulations is integral to achieving safety objectives
- The Civil Aviation Medicine Manual provides further guidance material
- A mental health condition needs to be managed like any other disease
- Diagnosis of a mental health issue has potential serious consequences
- In order to achieve aviation safety we need a multi-disciplinary approach and engagement of the aviation industry



- Annex 1 amended to include new Standard on health promotion (based on medical incapacity analysis and findings of medical examinations)
- Training and guidance material for aviation medical examiners in Civil Aviation Medical Manual has been reviewed by a consultant
- Intern compiling database of medical causes of aircraft accidents (starting with possible mental health accidents), developing a medical taxonomy for aircraft accidents – completion Aug 2017
- Mental health workgroup implemented May 2017 - reporting to MPSG (Medical Provisions Study Group)
- Internal (Safety Management) and external (WHO) discussions on medical confidentiality issues



- Reducing the associated stigma and negative perceptions
- Balancing medical confidentiality & aviation safety (sharing of information)
- Addressing State differences in human rights issues, legislation and reporting
- Applying rigid regulations vs. promoting an overall safety culture
- Creating a safe environment and building a culture of trust
- Providing guidance & support to pilots and Aviation Medical Examiners
- Early identifying and reporting of mental health concerns by pilots
  - Optimal management
  - Maintaining aviation safety
  - Ensuring early return to cockpit
- Recognizing that some conditions are not compatible with flights safety
  - Minority of conditions
  - Most can be managed with a subsequent return to flight status



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